

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

COURSE TITLE: NUTRITION

CODE NO.: FDS128 SEMESTER: ONE

PROGRAM: CHEF TRAINING

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PREVIOUS OUTLINE DATED: _____

New: X Revision: _____

APPROVED: *Rose M. Lewis*
DEAN, SCHOOL OF BUSINESS &
HOSPITALITY

94/06/14
DATE

NUTRITION

FDS128

COURSE NAME

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TOPICS TO BE COVERED:

1. Introduction

Upon successful completion of this section, the student will be able to:

- a) State the meaning and purpose of nutrition.

Identify major nutrients:

- carbohydrates
- fat
- protein
- minerals
- vitamins
- water
- fibre

Discuss the reasons for an individual's food choices.

- b) Use Canada's Food Guide as a tool to assess nutritional health and compare a person's food intake to Canada's Food Guide.
- c) Discuss Canadian recommendations for healthy eating.

2. Energy

Upon successful completion of this section, the student will be able to:

- a) Define calorie and state the calories supplied by:
- 1 g carbohydrate
 - 1 g protein
 - 1 g fat
 - 1 g alcohol
- b) Discuss percentages of total caloric intake from carbohydrates, protein and fat and their implications on meal patterns.
- c) Discuss Body Mass Index (BMI) and weight control.

3. Lipids

Upon successful completion of this section, the student will be able to:

- a) Define fat:
 - saturated
 - polyunsaturated
 - monounsaturated
 - cholesterol
- b) State:
 - composition
 - major sources
 - body functions
- c) State the modifications necessary in a menu for:
 - low fat
 - low cholesterol
- d) Describe various health factors affected.

4. Proteins and Vegetarian Diets

Upon successful completion of this section, the student will be able to:

- a) Define protein stating:
 - composition
 - major food sources
 - body functions
- b) State the modification for:
 - high protein
 - low protein requirement
 - vegetarian diets
- c) Describe various health factors affected.

5. Carbohydrate and Dietary Fibre

Upon successful completion of this section, the student will be able to:

- a) Define carbohydrate and state:
- composition
 - body functions
 - major food sources
 - storage

Describe various health factors affected.

- b) Define fibre and state:
- body function
 - major food sources
 - benefits

Describe various health factors affected.

6. Vitamins, Processing and Additives

Upon successful completion of this section, the student will be able to:

- a) Define the roles of the known vitamins:
- fat soluble
 - water soluble

and state:

- food sources
- functions
- results of deficiencies of these vitamins

Also state the use and control of additives in our food supply.

- b) State the affects of food processing on nutrients and identify food additives. State the effects of:
- light
 - air
 - water
 - temperature
 - additives (on nutrient retention)

7. Mineral Elements

Upon successful completion of this section, the student will be able to:

- a) Define the roles of minerals stating:
 - the sources and value to the body of the major trace minerals
 - the results of deficiencies and excesses
- b) Discuss the relationship of agriculture and food production on the quality of food products available to consumers.

8. Water

Upon successful completion of this section, the student will be able to:

- a) Define the importance of water in a nutritionally balanced body state.

Stating the major sources of water and its value to the body's function.

Discussing water quality and environmental contamination.

9. Developing Food Patterns

Upon successful completion of this section, the student will be able to:

- a) Describe the nutritional requirements of the life cycle.
- b) Describe guidelines for establishing sound nutritional practices in the family.
- c) Discuss nutritional problems of each state of the life cycle with emphasis on adolescence and seniors.
- d) Describe cultural differences and eating patterns throughout the world.

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METHOD OF EVALUATION:

The final grade will be derived from the following:

- Test #1 30%
- Test #2 30%
- Test #3 40%

Grade Interpretation:

A letter grade of A+, A, B, C, or R will be used to indicate the achievement or value of the student's work.

- A+ 90-100%
- A 80- 89%
- B 70- 79%
- C 60- 69%
- R Repeat - under 60%

A student with a final grade of less than 60% must repeat the course. There will be no re-writes of tests.